

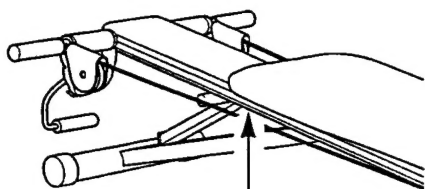
BODY WORKS

THE COMPLETE WORKOUT

Model No. WEMC14570

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under frame)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

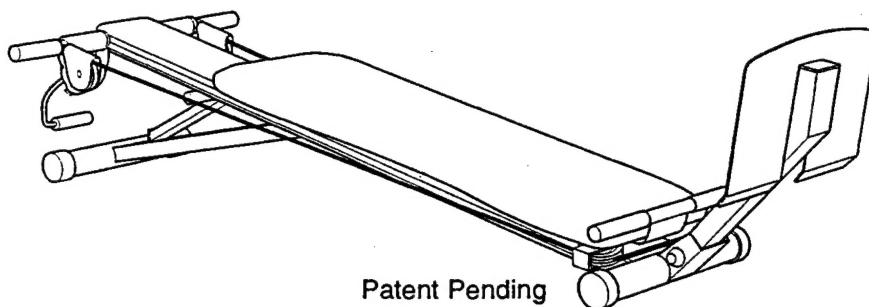
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

RELEASED TO
NOV 06 1997
MANUFACTURING



Patent Pending

WEIDER®

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the gym.

1. Read all instructions in this manual before using the gym.
2. It is the responsibility of the owner to ensure that all users of the gym are adequately informed of all precautions.
3. Use the gym only as described in this manual.
4. Use the gym only on a level surface. Cover the floor beneath the gym for protection.
5. Inspect and tighten all parts each time you use the gym. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Always tie back long hair to prevent it from becoming caught.
8. Keep children under 12 years old and pets away from the gym at all times.
9. The gym should not be used by persons weighing more than 250 pounds.
10. Always wear athletic shoes for foot protection while exercising.
11. Always be sure that the tab on the adjustment leg is inserted completely into the incline leg before using the gym.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. The gym is intended for home use only. Do not use the gym in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

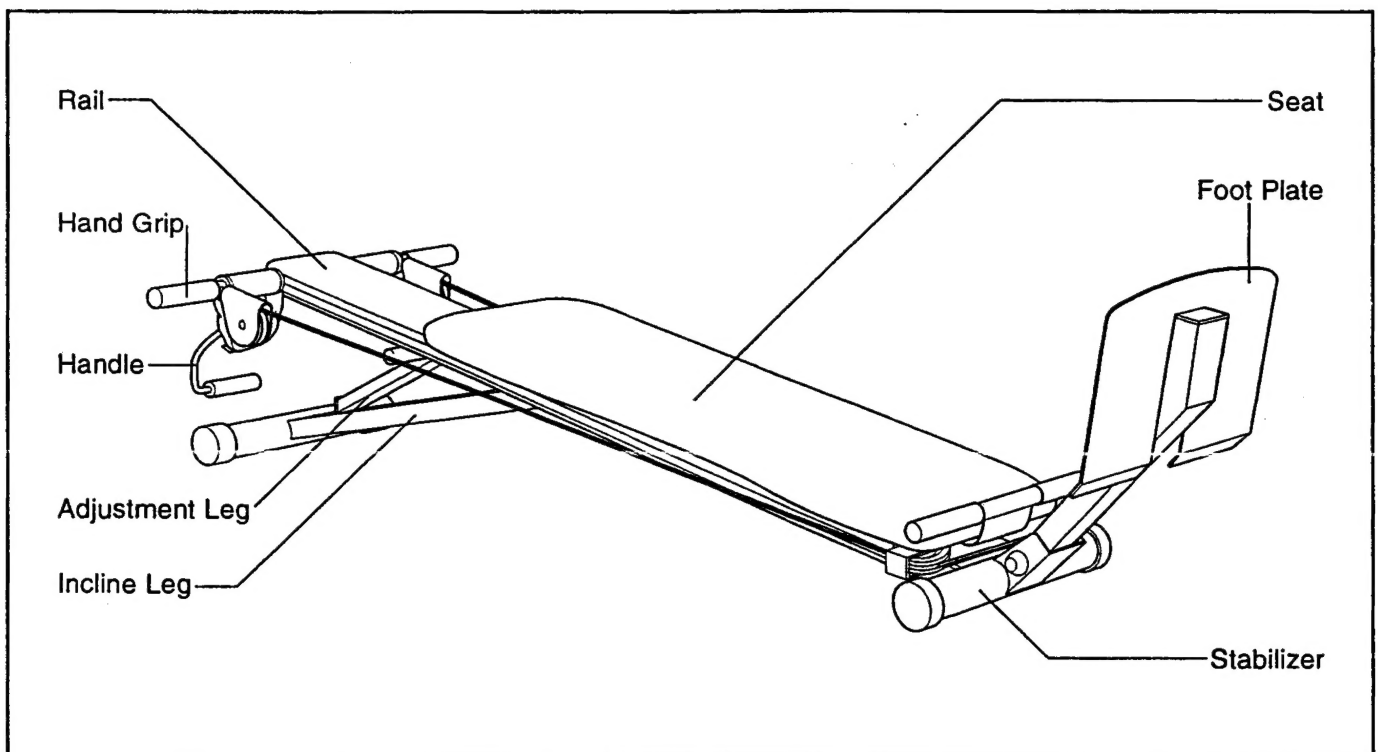
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® BODY WORKS gym. The versatile BODY WORKS gym is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the BODY WORKS gym will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® BODY WORKS gym. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEMC14570. The serial number can be found on a decal attached to the WEIDER® BODY WORKS gym (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the BODY WORKS gym in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.

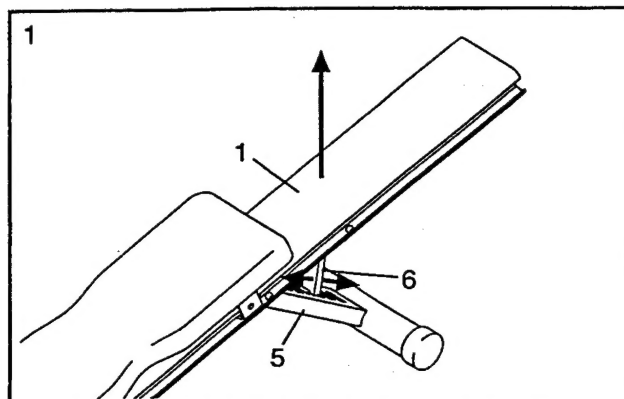
- As you assemble this product, make sure that all parts are oriented as shown in the drawings.

- **Assembly requires the following tools:**

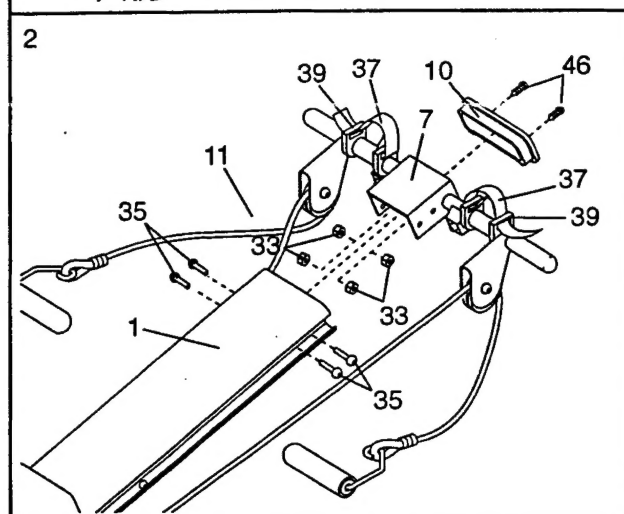
The included allen wrench 

Your own adjustable wrench 

1. Lift the Rail (1) until the tab on the Adjustment Leg (6) can be inserted into a slot in the Incline Leg (5). **Be sure that the tab on the Adjustment Leg is fully inserted into the slot in the Incline Leg.**



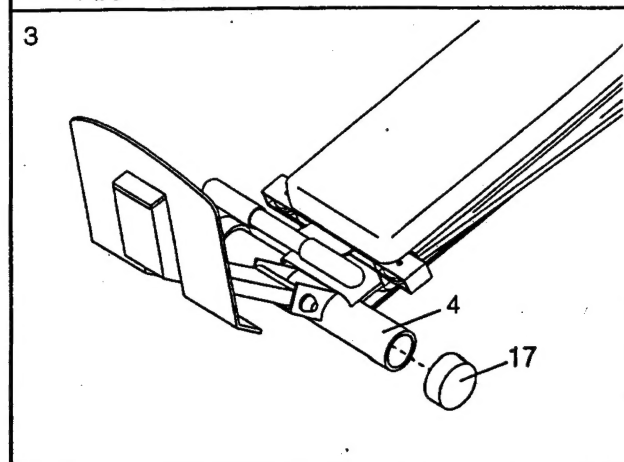
2. Slide the Upper Bar (7) into the Rail (1). Using the included allen wrench and an adjustable wrench, attach the Upper Bar to the Rail with four 3/8" x 3/4" Button Head Bolts (35) and four 3/8" Nylon Locknuts (33). **Be sure that the Cord (11) is correctly routed around all pulleys and that the pulleys and Cord move smoothly.**



Press the Rail Cap (10) into the Rail (1). Press two Tree Fasteners (46) into the Rail Cap.

Insert the ends of the Foot Straps (37) through the Strap Rings (39). Press the fastener strips on the ends of the Foot Straps onto the other fastener strips.

3. Press a Round Cap (17) onto each side of the Stabilizer (4).



ADJUSTING THE BODY WORKS GYM

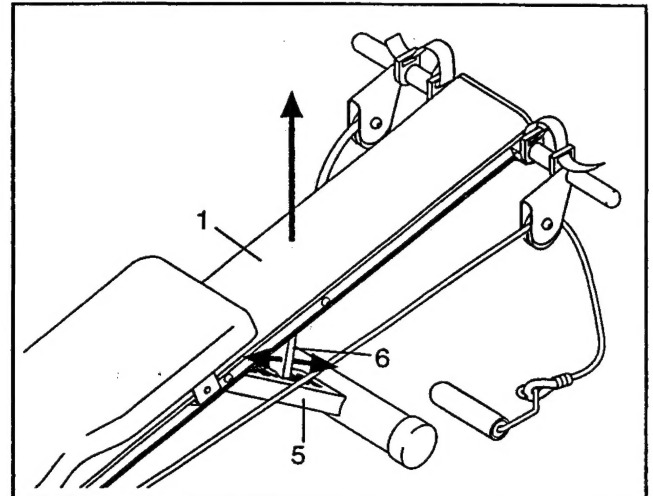
The BODY WORKS gym is designed to use your own body weight as resistance. The steps below explain how the gym can be adjusted and folded for storage. Refer to the accompanying exercise poster to see the correct form for each exercise.

Inspect and tighten all parts each time you use the gym. Replace any worn parts immediately. The gym can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

ADJUSTING THE INCLINE

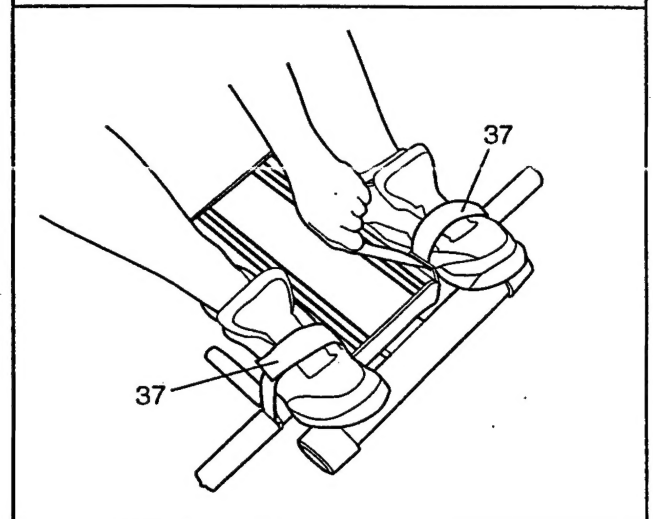
The incline of the BODY WORKS gym can be adjusted to change the resistance level of your workout.

To adjust the incline, lift the Rail (1) until the tab on the Adjustment Leg (6) can be removed from the slot in the Incline Leg (5). Raise or lower the Frame to the desired incline and insert the tab on the Adjustment Leg into the desired slot in the Incline Leg. **Be sure that the tab on the Adjustment Leg is fully inserted into the slot in the Incline Leg.**



ADJUSTING THE FOOT STRAPS

To adjust the Foot Straps (37), first slide your feet into the Foot Straps as shown. Pull each Foot Strap with your hand until it is tight over your foot without being uncomfortable. Press the fastener strip on the end of the Foot Strap onto the other fastener strip. **Be sure that the fastener strips are correctly fastened.**

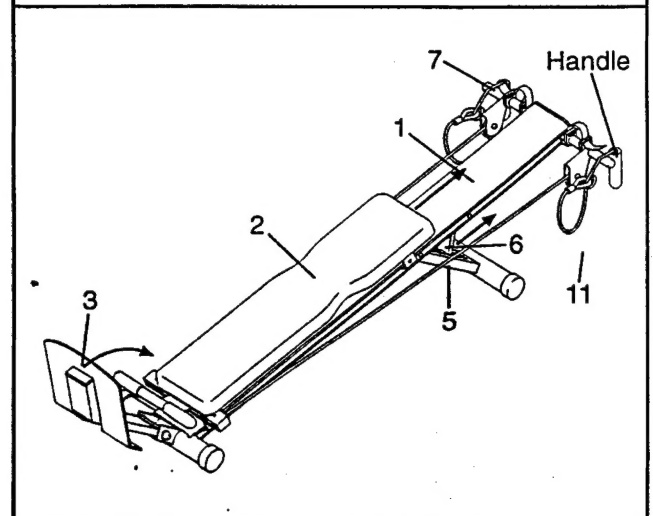


STORING THE BODY WORKS GYM

The BODY WORKS gym can be folded flat for easy storage in a closet or under a bed.

Slide the Seat (2) up toward the Upper Bar (7) and fold the Foot Plate (3) down onto the Rail (1). Slide the Seat back down until it rests on the Foot Plate.

Lift the Rail (1) until the tab on the Adjustment Leg (6) can be removed from the slot in the Incline Leg (5). Pivot the Adjustment Leg up against the Rail and lay the BODY WORKS gym flat on the floor. Pull the Cord (11) tight and hang the handles on the Upper Bar (7).



PART LIST—Model No. WEMC14570

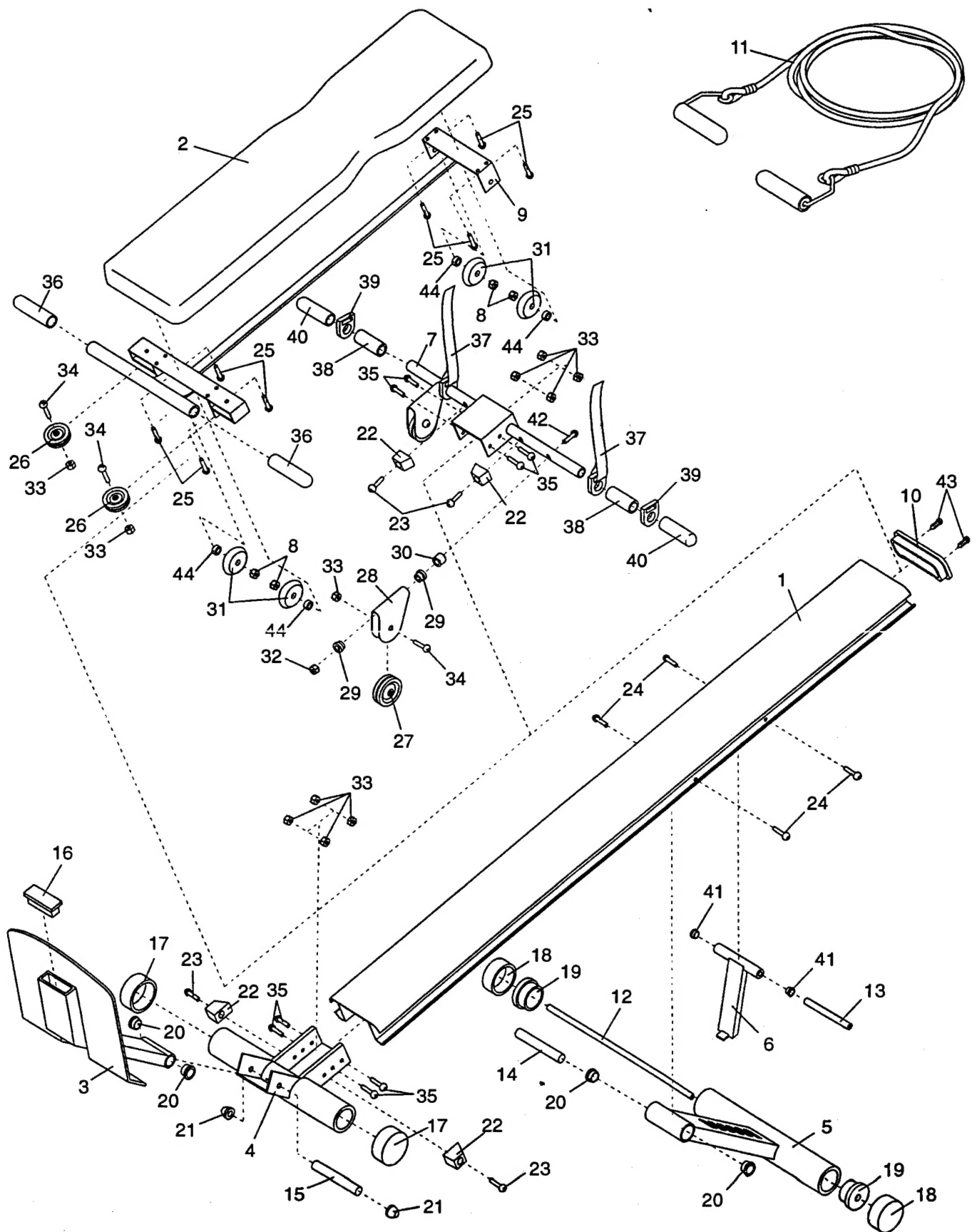
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Rail	24	4	5/16" x 3/4" Screw
2	1	Seat	25	8	1/4" x 1" Screw
3	1	Foot Plate	26	2	Small Pulley
4	1	Stabilizer	27	2	Large Pulley
5	1	Incline Leg	28	2	Pulley Housing
6	1	Adjustment Leg	29	4	Housing Bushing
7	1	Upper Bar	30	2	Housing Spacer
8	4	1/4" Nylon Jam Nut	31	4	Wheel
9	1	Seat Bracket	32	2	3/8" Nylon Jam Nut
10	1	Rail Cap	33	12	3/8" Nylon Locknut
11	1	Cord/Handle	34	4	3/8" x 1 3/4" Bolt
12	1	Roller Axle	35	8	3/8" x 3/4" Button Head Bolt
13	1	Adjustment Axle	36	2	6" Grip
14	1	Incline Axle	37	2	Foot Strap
15	1	Foot Plate Axle	38	2	Grip Spacer
16	1	Foot Plate Cap	39	2	Strap Ring
17	2	Round Cap	40	2	5" Grip
18	2	Roller	41	2	Support Bushing
19	2	Roller Bushing	42	2	3/8" x 3.17 Button Head Bolt
20	4	3/4" Bushing	43	2	Tree Fastener
21	2	Dome Cap	44	4	Spacer
22	4	Bumper	#	1	User's Manual
23	4	#8 x 3/4" Button Head Bolt	#	1	Exercise Poster

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEMC14570

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEMC14570).
2. The NAME of the product (WEIDER® BODY WORKS gym).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 6 of this manual).

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813